

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Almond crusted pesto chicken, mashed cauliflower, roasted mini bell peppers	
TUES	Pork chops with red pepper salsa, roasted brussels sprouts, roasted fennel	
WEDS	Creamy mushroom chicken thighs, mashed cauliflower, roasted green beans	
THURS	Blackened salmon with avocado, cauliflower rice risotto, sauteed kale	
FRI	Carnitas bowls	
SAT	Filet mignon with roasted radishes, sauteed mushrooms, roasted broccoli	
SUN	Chimichurri drumsticks + wings, sauteed zucchini, roasted cauliflower	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Salmon cakes with herby lemon coleslaw	
TUES	Sheet pan sausage + veggies	
WEDS	Salmon cakes with herby lemon coleslaw	
THURS	Sheet pan sausage + veggies	
FRI	Sheet pan sausage + veggies	
SAT	Leftover carnitas bowls	
SUN	Leftover carnitas bowls	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Sausage + brussels hash	
TUES	Sausage + brussels hash	
WEDS	Sausage + brussels hash	
THURS	Sausage + brussels hash	
FRI	Sausage + brussels hash	
SAT	Sausage + brussels hash	
SUN	Sausage + brussels hash	

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	